



# Phosphorous

**Recommended amount:**  
**800 mg per day**

## **Functions:**

- ▶ Structural component of bone & teeth
- ▶ Part of cell membranes
- ▶ Regulation of vitamin D
- ▶ Maintenance of oxygen binding to red blood cells
- ▶ Part of DNA & RNA
- ▶ Metabolism
- ▶ Production of energy
- ▶ Regulation of pH & osmotic pressure of intracellular fluids

## **Deficiency symptoms:**

- Bone loss
- Weakness
- Myopathy & cardiomyopathy
- Neurological problems
- Loss of appetite

## **Conditions which may cause deficiency:**

- Absorptive disorders such as Crohn's disease
- Alcoholism
- Uncontrolled diabetes

## **Toxicity: rare**

## **Good Sources:**



Meat  
Poultry  
Fish  
Eggs  
Milk  
Dairy products  
Legumes  
Nuts  
Cereals  
Grains  
Chocolate  
Coffee & tea  
Soft drinks